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Winnipeg businesses reject 'Pleasure' posters

Fifty More Shades.
Seminar celebrates female sexual empowerment

BERNICE PONTANILLA
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Winnipeg sexologist Dr. Reece Malone said he was shocked to see local businesses refuse to display a poster for an upcoming seminar on female sexuality.

"The resistance is that the event itself is too controversial. Some businesses are concerned about how it's going to reflect on their business to put up such a poster," said Malone, who maintains a private practice at Four Rivers Medical Clinic.

"It is a risk, and I get it, it's not like a concert or a musical or a movie … but at the end of the day what messages are they reinforcing to our culture? This is an event about female sexual empowerment."

Malone, who is co-hosting the Fifty More Shades of Pleasure women-only seminar on Nov. 10 with sexuality educator Katie Owen, said the resistance to the poster has not deterred him from getting his message out.

"This is a bridge to talk about sexuality among cultures and ages, I hope that this event can provide that," said Malone, adding he expects double-standard messaging to women in our society to be a hot topic.

Owen, who co-ordinates the counselling program at the Rainbow Resource Centre, said female sexuality has historically been "dismissed, unexplored or misunderstood."

"This seminar brings to the forefront the female sexual potential in a way that is clear and intended to deliver a more fully realized portrait of a woman's sexuality and her sexual response," added Owen.

Malone declined to name the businesses that didn't put up his posters, saying that while he doesn't agree with their decision, he respects it.

Tickets for the Fifty More Shades of Pleasure are $25 and can be purchased at Smitten Adult Boutique, 4-120 Osborne St., and online through TicketWeb.ca.

Visit reecemalone.com for more information.

Follow Bernice Pontanilla on Twitter @MetroBee

Quoted

"When it comes to female sexual exploitation, the commodification of female sexuality, that's celebrated and to us that's incredibly unhealthy, period."
Dr. Reece Malone

Local sexologist Dr. Reece Malone holds up a poster displaying an upcoming seminar on female sexuality. Malone says he was shocked to see local businesses refuse to display the posters. BERNICE PONTANILLA/METRO

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Opinion

Let him pray

ELISHA DACEY
elisha.dacey@metronews.ca

Winnipeg's acting police chief, Devon Clunis, has asked Winnipeggers to pray for their city — and in annoying Winnipeg fashion, he's being derided for it.

As a non-religious person, I have no problem with Chief Clunis wanting to pray for the health, welfare and safety of this city. After all, the man is a chaplain for the Winnipeg Police Service. Frankly, I'd be mystified if he decided to stop praying simply because he was promoted.

He told ChristianWeek.org that he believes prayers will be a "significant piece" of his crime-fighting tactics.

Nowhere does it say that he will not utilize other strategies already in place. Nowhere does it say he's going to fire half the force and hire religious leaders instead. Nowhere does it say that he is going to start police meetings with Christian or religious prayer. Nowhere does he say he's trying to convert anyone, or promote Christianity.

This is what he said to ChristianWeek.org:

"What would happen if we all just truly — I'm talking about all religious stripes here — started praying for the peace of this city and then actually started putting some action behind that?"

Whoa, scary! A man who has a vision for a better city! I know, Winnipeg, we're not used to that in our public leaders.

Look folks, no matter what you call it — prayer, devotion, meditation, positive thinking — if in the end it means you start envisioning Winnipeg as a positive, healthy, safe place to live, that's a good thing.

I pray he's on to something.

Garbage collection.
Emterra placed under government microscope

Labour authorities in Manitoba are investigating a complaint against the garbage collection contractor that's been scrambling to get caught up with the trash pickup schedule in Winnipeg.

A provincial spokesman confirmed in an email Monday that Employment Standards is checking a complaint against Emterra Environmental.

Details of the complaint have not been released, but the email says any employee who believes they are owed money from their employer has the right to file a complaint with the provincial branch.

The company serves about 190,000 Winnipeg households with the automated rolling garbage and recycling cart collection system that went citywide on Oct. 1.

Emterra is not commenting on the investigation, but denies breaking any labour rules. THE CANADIAN PRESS

School's out for fire

Classes were cancelled at John Taylor Collegiate after a fire broke out in the school's basement Tuesday just before 9 a.m. All 700 students and 70 staff members were evacuated to nearby schools, but no one was injured. The cause hasn't been determined and a damage estimate wasn't immediately available. SHANE GIBSON/METRO

Combat crime with prayer, Winnipeg's top cop urges

Acting Police Chief Devon Clunis says his spirituality is one strength he will draw on to fight crime in Winnipeg. SHANE GIBSON/METRO

All faiths welcome.
Acting police chief says prayer will be a 'significant piece' of his efforts to fight crime

Winnipeg, Canada's violent-crime capital, could use some divine help, acting Police Chief Devon Clunis says.

Clunis, who is still chaplain for the Winnipeg Police Service, told ChristianWeek.org recently he truly believes prayers will be a "significant piece" of his efforts to reduce crime and put Winnipeg back on the right track.

"I'm a little tired of us ... being '(the) murder capital of Canada,'" said the Jamaican-born Clunis, 48, who is Winnipeg's first black police chief. He was appointed as the new chief earlier this month, but has yet to be sworn in.

"What would happen if we all just truly — I'm talking about all religious stripes here — started praying for the peace of this city and then actually started putting some action behind that?" he said.

Canada's crime capital

Statistics Canada reported that Winnipeg once again had the highest homicide rate and violent crime rate in the country in 2011.

While it is somewhat unusual for a police chief to publicly call upon a higher being for a little help, Rev. Bill Miller of Knox United Church in downtown Winnipeg, thinks Clunis may be on to something.

"I think it is incredibly important and I would agree very much with the chief," Miller said. "What is prayer at its essence? It's a positive energy ... it's a collective intention for good. So whether it's Muslim prayers or Christian prayers, Jewish prayers or aboriginal prayers, it all adds to a kind of positive energy," he said.

NDP MP Pat Martin said he welcomes a "more enlightened spiritual approach to law enforcement; I find that refreshing," but added more is needed to heal Winnipeg's social problems. TORSTAR NEWS SERVICE

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Don Amero. Local artist tapping into web for release of new album

Winnipeg singer-songwriter Don Amero is set to release his new album Heart on my Sleeve via a live-streaming house concert.

In conjunction with the Aboriginal Peoples Television Network, Don Amero: Up Close and Personal will stream live online Wednesday at 8 p.m. at aptn.ca/webstagepass.

"APTN is going to bring its cameras to my neighbour's house, which is a beautiful log cabin in the middle of the city," Amero says, who is Métis. "I know you can use sites like Ustream but I wanted to make it a production and APTN just started this whole digital portal through their website so the timing was serendipitous. They're looking to do something unique and different and I'm trying to do something unique and different.

"I figured people aren't leaving their homes as much anymore. They'll leave for Justin Bieber, but maybe not for Don Amero, so I figured why not meet them where they're at."

Amero will be joined by special guests, performing material from Heart on my Sleeve and his previous three albums. The evening will also feature the world premiere of Amero's new music video for Turn These Grey Skies Blue and a social-media component, where fans will be able to ask the artist questions via Twitter (#DonAmero) and Facebook.

"We really want it to be a conversation, feeling like we're a community hanging out," Amero says. "Whether you're watching from Winnipeg, Toronto, Vancouver or Malaysia you can pipe in and ask a question or throw some comments my way. I'm hoping I can even respond to some of the stuff during the live show. There will be a host from APTN there and she'll be feeling out the Twitter stuff and will come in with questions and comments throughout the show."

For more information on the concert and Amero go to donamero.com.

JARED STORY/FOR METRO

Quoted

"They'll leave (home) for Justin Bieber, but maybe not for Don Amero, so I figured why not meet them where they're at."

Local musician Don Amero on releasing his new album via a live-streaming concert

Popular local musician Don Amero is launching his album via a live-streaming concert Wednesday. HANDOUT

Possible expansion of Louise Bridge years away

The Louise Bridge could be widened to four lanes from two in the future, but construction isn't likely to begin until 2018. BERNICE PONTANILLA/METRO

A city councillor said residents of northeast Winnipeg can look to the Louise Bridge as the next major project to address road congestion in the area.

Many residents and local politicians felt the Disraeli Overpass and Bridge should have been widened to six lanes, not kept to the standard four.

Coun. Jeff Browaty (North Kildonan), who attended the official opening of the Disraeli Bridges Project on Friday, said the additional cost of making the Disraeli six-lane was "very substantial."

Browaty said the City of Winnipeg has "already identified the fact that Transcona West is a neighbourhood that hasn't really been fully developed and the Louise Bridge is actually going to be the bigger bottleneck."

"So what we're able to do in the future, we're actually planning to build a four-lane Louise Bridge, that ties into the four-lane CP underpass in Point Douglas," he said. "So it'll provide that additional capacity at a far lower cost and less cost to taxpayers at the end of the day."

However, a City of Winnipeg official said the planning process for the two-lane Louise Bridge project isn't slated to start until 2014, with construction not beginning until 2018.

"It's premature to say what form will take place there," said Brad Neirinck, bridge planning and operations engineer for the City of Winnipeg.

"No decisions have been made on what form the Louise Bridge will take."

BERNICE PONTANILLA/METRO

Winnipegger hits the mud for mental health

Tough Mudder. Extreme race raises awareness for Manitoba Psychological Society campaign

SHANE GIBSON
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A Winnipeg PhD student is competing in what's touted as the world's toughest extreme obstacle race in an effort to bring attention to the obstacles faced by Canadians looking for help with mental-health issues.

Caelin White, who is a PhD candidate in clinical psychology at the University of Manitoba, will head to New Jersey in November to take part in The World's Toughest Mudder — a 24-hour-long gruelling race through a course filled with challenges including 10,000 volt shocks, ice-water baths and a run through fire.

"This race is essentially a perfect parallel for what a lot of people with mental-health issues in Canada have to endure to get mental-health services," explained the 34-year-old student athlete. "It's a tough road, it's long, and there's lots of obstacles in the way."

The World's Toughest Mudder 2012 will see participants do as many laps as they can through a 10-mile course over 24 hours. Whoever does the most laps is crowned the World's Toughest Mudder for the year.

Because White sits on the board of the Manitoba Psychological Society he decided to use his race participation as a chance to draw attention to the society's "Mind Your Mental Health" campaign, which he helped to launch.

"We need to start talking about mental health in Canada," he said. "We need to start talking about it with each other to reduce the stigma … and we also need to start talking about this with our politicians to start lobbying for access to mental-health services."

White has been training intensively for the race since May, and after signing a "two-three-page" waiver form, he said he's ready to compete.

"It's a mixed feeling — it's very intimidating — but it's one of those things that can really propel you forward," he said. "I think it would probably be unhealthy to not have a certain amount of fear and intimidation about it, but the question is what do you do about that — and for me I use that to my advantage."

On the web

Learn more about White's race and the Manitoba Psychological Society's Mind Your Mental Health campaign through his blog at mindyourmentalhealth-campaign.wordpress.com.

Caelin White, a PhD candidate in clinical psychology at the U of M, trains for the World's Toughest Mudder race in New Jersey next month. White is competing to bring attention to the Manitoba Psychological Society's Mind Your Mental Health campaign. COURTESY DEAN KRIELLAARS

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Public interest prevails

Correctional Service tries to prevent release of cell-death video

Federal prison authorities are going to court to try to stop the release of a jailhouse video of a teen who died in her cell.

Their announcement came just after the coroner refused to put a publication ban on the videos of Ashley Smith.

Prison authorities wanted the videos of a dying Smith kept from public view. But coroner Dr. John Carlisle said the public's right to know was too important.

THE CANADIAN PRESS

Annual report

Self-harm by prisoners rising

The federal correctional investigator says the number of prisoners harming themselves in federal penitentiaries has almost tripled in the last five years.

THE CANADIAN PRESS

Liberal party

McGuinty won't run for federal leadership

Outgoing Ontario Premier Dalton McGuinty won't be challenging Justin Trudeau for the federal Liberal leadership.

The premier has decided to look for challenges outside politics.

"I've talked it over with family and supporters and I've decided not to run," said McGuinty.

Some of his closest advisers had put together a campaign team that would have been ready to go this week.

THE CANADIAN PRESS

Foreign workers

B.C. investigates recruitment ad

The provincial government is investigating after the B.C. Federation of Labour complained an employment agency has been advertising for Canadian jobs, offering miners in China a chance to work here in exchange for exorbitant recruitment fees. THE CANADIAN PRESS

Harper backbencher gives Jubilee medals to abortion foes

Controversial decision. Activists jailed repeatedly for aggressive actions called 'heroines of humanity' by MP

Conservative MP Maurice Vellacott, who gave Diamond Jubilee medals to two anti-abortion activists who have been jailed repeatedly, calls them "heroines of humanity."

Vellacott gave one of his 30 allotted medals to Mary Wagner, whose aggressive actions "counselling" women at abortion clinics have repeatedly landed her behind bars.

The Saskatchewan MP also gave one to Linda Gibbons, another longtime pro-life advocate and frequent convict on mischief charges.

THE CANADIAN PRESS

Saskatchewan Conservative MP Maurice Vellacott is shown in the House of Commons in May 2006. FRED CHARTRAND/THE CANADIAN PRESS

Well-being. Economy OK, but Canadians not so much

Canada's economy may well be muddling through, but on a more personal level, Canadians generally are not, a new study of well-being suggests.

The Canadian Well-being Index, led by researchers at the University of Waterloo, shows that quality of life in Canada deteriorated by 24 per cent between the onset of recession in 2008 and 2010.

Canada's main economic indicator, gross domestic product, only declined by about 8.3 per cent over the same period and began to make a turnaround by the end of 2010.

"When Canada's economy was thriving, Canadians only saw modest improvements in their overall quality of life," said Roy Romanow, co-chair of the index's advisory board. "But when the economy faltered, our well-being took a disproportionate step backward." THE CANADIAN PRESS

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Heading in different directions politically: U.S. President Barack Obama and Republican challenger Mitt Romney walk past each other onstage after Monday's presidential debate. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

Obama after the debate: Mitt has 'Romnesia'

Final countdown. Hard-hitting U.S. president accuses the normally hawkish Republican of shifting his positions

U.S. President Barack Obama has come out swinging — again.

The morning after the last televised presidential debate — in which critics say he gave a hard-hitting performance — he accused his Republican challenger Mitt Romney of shifting his positions.

He even joked that Romney was suffering from "Stage 3 Romnesia."

"We are accustomed to seeing politicians change their position from four years ago,'' Obama told a Florida rally Tuesday.

"We are not accustomed to seeing politicians change their positions from four days ago.''

Romney presented a more centrist approach to foreign policy during the Monday-night debate.

But the Obama campaign said the Republican's performance showed he is willing to shift from or lose his more conservative positions to satisfy his more mainstream constituents.

The two are neck -and-neck in the race for the White House as they enter the two-week home stretch before election day.

During Monday night's debate, Romney largely expressed agreement with how Obama has conducted U.S. foreign policy.

Romney even congratulated Obama "on taking out Osama bin Laden."

THE ASSOCIATED PRESS

Quoted

"I will stand with Israel if Israel is attacked."

U.S. President Barack Obama during Monday night's presidential debate

State prison

Sandusky sees his new home

Jerry Sandusky, the disgraced former Penn State coach, became a state prison inmate Tuesday.

The 68-year-old was transferred out of the Centre County jail, his home since he was convicted in June of child molestation.

He arrived at the State Correctional Institute at Camp Hill, just outside Harrisburg, Pa.

Sandusky was sentenced this month to 30 to 60 years for sexual abuse of 10 boys over a 15-year period.

THE ASSOCIATED PRESS

Can quakes be predicted? Court says yes, leaving Italy's experts in fear

Four top Italian disaster experts quit their posts Tuesday.

They said the manslaughter convictions of former colleagues for failing to adequately warn of a deadly 2009 earthquake mean they can't effectively perform their duties.

A court in the quake-devastated town of L'Aquila convicted seven ex-members of Italy's so-called "Great Risks Commission" and sentenced each to six years in prison.

The sentences prompted predictions that experts will be discouraged from working in Italy for fear of similar risks of prosecution.

Prosecutors said the defendants didn't properly warn town residents of the risk of a big quake.

But scientists say major earthquakes cannot be accurately predicted.

THE ASSOCIATED PRESS

308 killed

The 6.3-magnitude quake left 308 people dead in April 2009.

iPad Mini priced well above rivals

Orders start Friday. New tablet 'is not just a shrunken down iPad,' senior Apple exec says

Apple introduced a smaller iPad on Tuesday as expected, and updated its full-sized one. It also unveiled new Mac computers, including a 13.3-inch version of a MacBook Pro with sharper "Retina" display.

With a screen measuring 7.9 inches on the diagonal, the iPad Mini is about two-thirds the size of the regular iPad. "You can hold it in one hand," said Philip Schiller, Apple's senior vice-president for worldwide marketing. "It's not just a shrunken down iPad. It's an entirely new design."

The iPad Mini starts at $329 US, which makes it more expensive than rival, seven-inch products — Amazon.com Inc.'s Kindle Fire starts at $159 US, and Google Inc.'s Nexus 7 at $199 US.

Advance orders for the iPad Mini and the new full-sized iPad will begin Friday, and the products will be available Nov. 2. Two weeks later, a version capable of using cellular networks will go on sale. That's a feature the cheaper, seven-inch tablets don't have.

The new full-sized iPad is an update to the third-generation device that went on sale in March. It has a sharper screen and promises a faster processing chip and faster wireless Wi-Fi connectivity. Prices start at $499 US.

- A new thinner and lighter version of the 13.3-inch MacBook Pro, with a sharper display, will start at $1,699 US.
- New iMac computers feature what looks like a super-thin display screen — but Schiller noted "there is an entire computer in here."
- A new Mac Mini starts at $599 US and comes with four gigabytes of RAM.

THE ASSOCIATED PRESS

The iPad Mini, shown in San Jose, Calif., on Tuesday, has a screen about two-thirds as large as the full-sized model.
MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Beef recall

Federal food-safety watchdog allows plant to reopen

The Canadian Food Inspection Agency restored the operating licence Tuesday for a southern Alberta meat-packing plant at the centre of a massive recall of tainted beef and also launched a review of the E. coli crisis that sickened at least 16 people.

But the agency acknowledged that its control over food safety inside the nation's slaughterhouses has its limits. It is still up to companies to honour their own safety plans. Forty-six federal inspectors didn't detect sanitation, hygiene and reporting deficiencies in the Brooks, Alta.-based XL Foods facility until the outbreak of E. coli bacteria last month touched off one of the largest food recalls in Canadian history.

Production at the plant will ramp up gradually as inspectors scrutinize the work on the facility floor. Union officials say employees are being summoned for training and say production could resume on Monday. THE CANADIAN PRESS

You may soon be able to get your caffeine fix a little bit faster.
TORSTAR NEWS SERVICE FILE

Quick-touch payments. Tim Hortons rolls out Interac Flash

Tim Hortons has joined other Canadian retailers in adding Interac Flash cards to the number of ways customers can make cashless payments at the counter.

The restaurant chain expects more than 2,300 locations across the country to be accepting the wireless touch cards by the end of October.

Rather than adding to a credit card balance, the Interac cards draw down the funds from the customer's bank account. And unlike older types of credit and debit cards, the new generation of Interac cards use a quick-touch chip processor that doesn't require customers to enter PIN numbers or other information.

Due to its size, Tims will be one of Canada's biggest users of Interac Flash, but it won't be alone. THE CANADIAN PRESS

London. Conrad Black calls BBC interviewer 'British fool'

Former media magnate Conrad Black has suggested in a pair of eyebrow-raising British TV interviews that he could resume his seat in the House of Lords.

In one interview, Black termed a BBC host a fool and talked about "being able to endure a discussion like this without getting up and smashing your face in."

In another, he told a Sky News interviewer Tuesday to "stop being a jackass."

During his first appearance, Black told BBC Two's Newsnight on Monday that the U.S. charges that sent him to prison for close to three years were "rubbish" and that he had been "persecuted half to death."

Black, who returned to his Toronto home this year after being released from a Florida prison, spoke critically of the U.S. justice system during the interview, describing the American prosecution of him as "a smear job from A to Z."

But the chat with Newsnight's Jeremy Paxman became heated when the host referred to Black as a convicted criminal and Black responded by calling Paxman a "priggish, gullible, British fool." THE CANADIAN PRESS

Quoted

"After seven years, my first morning back in Britain, am I to be subjected to this?" Conrad Black, responding to BBC interviewer Jeremy Paxman's questions about Black's wife, Barbara Amiel.

Market Minute

DOLLAR
100.74¢
(-0.01¢)

TSX 12,225.84 (-177.71)

OIL $86.67 US (-$1.98)

GOLD $1,709.40 US (-$16.90)

Natural gas: $3.535 US (+8.3 ¢)
Dow Jones: 13,102.53 (-243.36)

Employee drug-testing

Court turns down Suncor challenge

Suncor Energy has lost another legal round in its plan to randomly test thousands of unionized oilsands workers in Alberta for drugs and alcohol.

But the court battle pitting work-site safety against individual privacy rights isn't over.

Earlier this month, the Communications, Energy and Paperworkers union Local 707 won an injunction against a testing policy that was implemented during the summer. A judge ordered the matter be settled through arbitration.

An Alberta Court of Appeal judge ruled Tuesday against a Suncor application for a stay of the injunction. Suncor said it will continue the fight to keep its work sites safe. THE CANADIAN PRESS

DO YOU HAVE PSORIASIS?

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A DESTINATION WEDDING WHERE NO MAN HAS GONE BEFORE

JUST SAYIN'
Paul Sullivan
metronews.ca

Figure it out. The average life span lasts about 29,000 days. Might sound like a lot, but that's all you get.

So why would you spend a single one at a Star Trek convention?

The original Star Trek's Captain Kirk, William Shatner, had a lucid moment a few years back when he wondered the same thing.

Kingdom Klingon

They're so obsessive that the big event of the two-day fest, which ended Sunday, consisted of setting the record for the largest gathering of people dressed in Star-Trek-themed costume.

"I didn't want anything to do with a group of obsessives who paid to get together to talk incessantly about a TV show that had been cancelled. It wasn't logical."

That was then. Apparently in his dotage these days, he made the trek to London, England, this past weekend in order to revel in the adoration of the obsessives.

How obsessive are they? They're so obsessive that the big event of the two-day fest, which ended Sunday, consisted of setting the record for the largest gathering of people dressed in Star-Trek-themed costume. The previous record of 1,040 nerds in a room was beat, as 1,083 Klingons, Vulcans and Ferengi came together to … come together.

One couple really came together, exchanging vows as Klingons, the war-like aliens immortalized by Worf in Star Trek: The Next Generation. They spent their honeymoon at the convention, natch. I can't help but wonder what happens the first time Jossie tries to bite Sonnie (they're both Swedish in real life) on the neck (how a Klingon indicates he or she is interested in sex), and Sonnie says "Not tonight dear, jIwuQ (I have a headache)." The fur will fly, no doubt.

Not only did trekkers (the politically correct version of "trekkie") waste two of their 29,000 days to pine for a program that went out of production on May 13, 2005, they spent as much as 3,000 British pounds on a ticket.

To be fair, the damn thing is tougher to kill than a Romulan battle cruiser. J.J. Abrams directs the next movie, which documents the further adventures of a reinvented Captain Kirk, set to open on May 17, 2013, eight years later, almost to the day the series died.

How's that for symmetry? Symmetry is very important when you're a trekkERRRR.

If this keeps up, Star Trek will eventually catch up to its fictional "real time," sometime in the 23rd century. In fact, I'm surprised this has never been a Star Trek episode, as it's right up their alley.

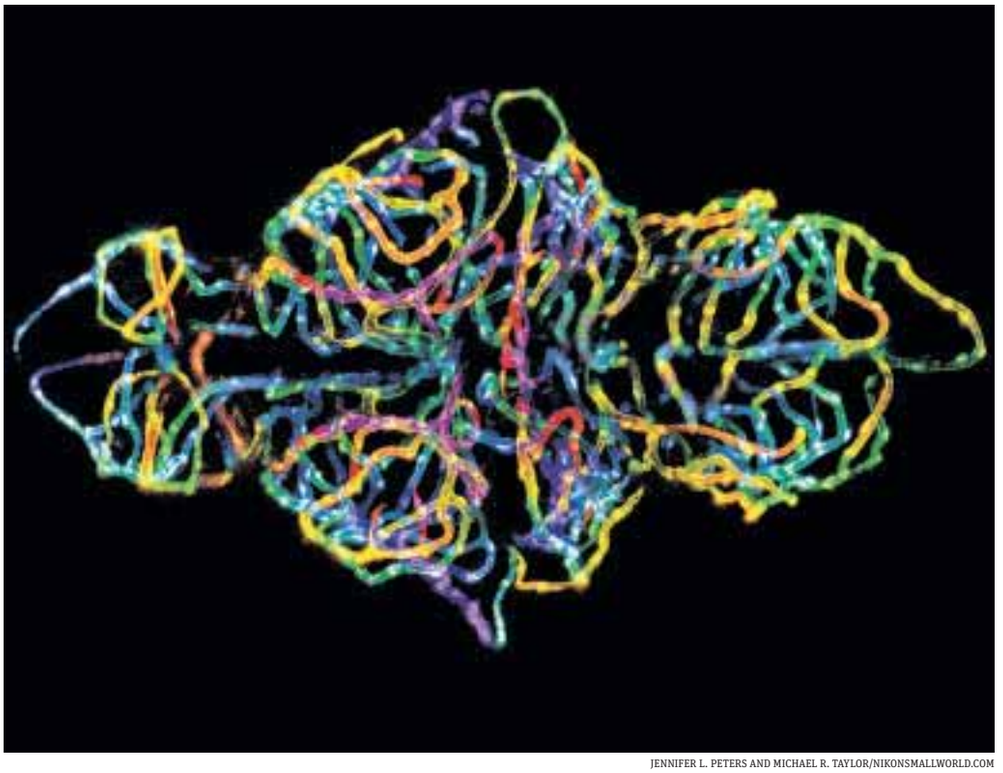
Full disclosure: I used to be a fan, but bailed when the show jumped the shark somewhere between Deep Space Nine and Voyager. But I'd like to think I never thought of Scott Bakula (Star Trek captain #5) as "legendary" or the kiss between Captain Kirk and Lieutenant Uhura as a milestone in U.S. race relations.

Yes, all the various Star Treks won 31 Emmys. But Frasier won 37 all by itself, and they don't have a Frasier convention every year with 1,000 Jack Russell terriers called Eddie.

At least not yet.

Jossie Sockertopp and Sonnie Gustavsson tie the knot in a Klingon wedding ceremony last weekend in London, England. OLI SCARFF/GETTY IMAGES

This photo is a little fishy



JENNIFER L. PETERS AND MICHAEL R. TAYLOR/NIKONSMALLWORLD.COM

Photomicrography

Fish brain lights up to win contest

A first-ever picture of the blood brain barrier in a live animal has won this year's Nikon Small World Competition, which recognizes excellence in photography taken through a microscope.

The blood brain barrier in a live zebra fish embryo was made by Jennifer Peters and Michael Taylor at St. Jude Children's Hospital in Memphis, Tenn. METRO

Q & A

This is a photo first

Can you describe the photo?
This image is of blood vessels from the brain of a live zebra fish larva. Using a fluorescent protein, we labelled the vessels that make up the blood brain barrier. As the colour changes from red to yellow to green to blue, the vessels are going deeper into the brain.

How is this image important in science and art?
This is the first time the entire blood brain barrier has been imaged in a live animal. I believe that new models of the blood brain barrier, such as the zebra fish shown in our image, may lead to new treatments for central nervous system diseases that disrupt the BBB: neurodegenerative disorders, brain tumours and strokes, to name a few.

Esthetically, it's absolutely stunning.

MICHAEL TAYLOR
Biology researcher

Science explained

What's a blood brain barrier?

This defensive barrier is a group of cells that let nutrients and other necessities move between blood vessels and the central nervous system, while keeping bacteria out of the brain's region. METRO

Online

See all submissions in our gallery at metronews.ca

Metropolitan Panel

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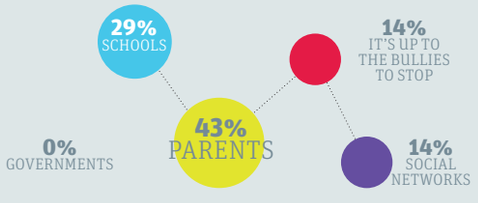
Who should lead the charge in the fight against cyber-bullying?



Twitter

@SteveAdamsWpg: You know #Winnipeg has a real crime problem when even the new chief of police is telling us to pray.

@ABBigBluJetsfan: So, Winnipeg's new police chief says prayer could help with crime rates in that city and is being beat up in media for it. How petty.

@NestaMAZING: Awww, I accidentally grabbed a large print book from the library. I feel like a five year old learning to read.

@jordanbassoband: Today feels like a day in which songs write themselves.. May get 2 or 3 done tonight even, right on! Then, to record an album!

@emilyschulz_: I feel second-hand embarrassed when people don't know how to open the back door of the bus

metro

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‘I was James Bond’

London. Reporter plays 007 for a day, scaling an arena, drinking martinis and scoring a Bond girl

ANTHONY JOHNSTON
Metro World News

Licence to Thrill: Anthony Johnston, a.k.a. James Bond, in front of the iconic O2 Arena in London. Inset, Anthony as Daniel Craig taking care of an adversary. NICK CUNARD

As a copy editor, I’m a stickler for, well, everything: words, grammar, facts … and movie trivia. I know a thing or two about James Bond (his dad was Scottish and he has a drink every 24.3 minutes, for example) but I never pictured myself as 007.

In fact, no one has pictured me as 007. At six-foot-six and close to 275 pounds — counting my bushy beard and hair — I am closer to Jaws in stature and have as much experience with firearms as Moneypenny (none). Despite all this, I took up the mission of Be Bond for a Day to see if I could masquerade as a secret agent.

Cut and shave à la Bond

To be Bond, you have to look the part. So that means a respectable tuxedo — Moss Bros. of King Street, Covent Garden fixed me up — and an all-out makeover. At traditional barbers Murdock London (Liberty department store, Great Marlborough Street, London), they specialize in slick side-parting styles and wet shaves with cut-throat razors.

Prepared, I whip out a photo of Sean Connery in Dr. No — it’s the look I want. My barber Alex Glover applies lashings of exfoliating creams and several hot towels to my face before diving into the mossy bush on my cheeks and atop my head.

The result is pure, pomaded Sean. I am now ready to climb a building.

Johnston, Anthony Johnston

In The World is Not Enough, 007 lands atop London’s O2 arena after falling from an exploding hot-air balloon. Forgetting to bring my exploding hot air balloon, I sign up for the site’s latest attraction Up at The O2, a 190-metre open walkway that stretches over the roof.

Attached to a harness, visitors scale the tensile fabric path, which at its steepest has an incline of 30 degrees, and finally rest at the observation deck — 52 meters above ground level. (The equivalent of 27 Sean Connerys and one Nick Nack, stacked up tall.)

Vertigo nearly kicks in. But if you’re like Bond and walk with purpose — as fast as you can — at the top you’re rewarded with the spectacular skyline of London’s Canary Wharf financial district.

You’ll also have a good view of your fellow climbers, some of them, ahem, Bond girls.

Despite my tux, they were reluctant to pose with me. But after I donned a Daniel Craig mask, they rushed in, and one bloke even let me shoot him with my fake gun. Skyfall cost millions. All I needed to become a star was a $5 sheet of thin cardboard.

And after this high climb, a stiff drink.

An Evening with Vesper

Ian Fleming coined the phrase “A Martini. Shaken, not stirred” at Duke’s Hotel (St. James’s Place, London), in the city’s Mayfair district. It boasts a sumptuous and refined bar where hedge fund managers and art gallerists — and occasionally a dashing 007 double — sip cocktails well into the night.

No sooner had I arrived at this quaint bar than the head barman Alessandro Palazzi, in his pristine white tuxedo, whisked me to my corner table. After glancing at my own attire, he kindly says to me: “You’ll want to have The Vesper.”

For novices among you, The Vesper — a powerful concoction of gin, vodka, bitters and Lillet blanche aperitif wine — is regarded as the “true” 007 Martini, as it is mentioned in Ian Fleming’s first Bond novel, Casino Royale. Alessandro makes it with three measures of No. 3 Gin (from London-based Berry Bros.), one measure of Potocki Polish vodka, one of Lillet Blanc and two dashes of Angostura bitters, topped off with a slice of orange peel. Alessandro’s preparation of the drink before my eyes was tantalizing — the taste, intoxicating. Dry, rough, smooth, potent, invigorating and $27.70 — it had as many qualifiers as it had ingredients.

My lips and mouth had been shaken and stirred.

And finally, the Bond girl

With Vesper flowing through my bloodstream, it was high time I got to work. The mission? Chat up more potential Bond girls. Armed with a feigned ego and innuendo-filled one-liners that would embarrass M, I headed for the aptly (and worryingly) named Dirty Martini (11/12 Russell St., Covent Garden, London).

At first I was blown off and berated, even slapped at by a woman who said, “I’m too dirty for you.” Burned, James, burned. Maybe some Bondian pick-up lines would work?

“Hi,” I said, smoulderingly, to the fair-skinned girl with delightful auburn hair. She asked if I was American, to which I replied, “No, I’m Irish.” (I really should have followed with, “Like Pierce Brosnan!”) Then I stood there mute, a case of stage fright. The woman left, forgetting all about me.

Us spies call this “pulling a Lazenby,” a.k.a. “dying another day.”

Exclusively online

Anthony Johnston dresses as James Bond, climbs the O2 and drinks martinis. Watch the video at metronews.ca/scene

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Meth and paranoia — Fergie talks about sobering up

A paranoia-filled visit to church one day was what it took for Fergie to clean up and quit using drugs, she tells Oprah Winfrey in an interview.

"I started getting really paranoid, so I went one day into this church and I thought that the FBI and the SWAT teams were outside the church," says the singer, who says she started taking drugs — including crystal meth — in her teens. "I said, 'All right, if I go out and the FBI and the SWAT team's not out there, then it's the drugs and I'm stopping."

There were in fact no law enforcement officials waiting for her, and she kept her promise to herself and sobered up. Fergie didn't, however, specify exactly when all of this happened.

Twitter

@ABFalecbaldwin
Please be safe in Hawaii, @IrelandBBaldwin . Avoid the sharks. The ones wearing flip flops, Ray Bans and carrying a Budweiser.

@TheEllenShow
I'm so happy for Adele and her new baby boy, who just heard the best version of "Twinkle Twinkle Little Star" ever.

@JessicaSimpson
Long day at work. Too lazy to wash my face off before bed! Nighty Night

@SteveMartinToGo
I'm thinking of becoming a motivational speaker. But I'm not sure. Should I? Maybe yes, maybe no. Undecided. Kinda thinking about it.

Lindsay Lohan

Lohan refutes dad's alcohol allegations

Lindsay Lohan apparently isn't too worried about dad Michael Lohan's hopes to put the troubled actress under a conservatorship, according to Hollyscoop.

"No judge would buy it," Lohan reportedly told friends. "[The judge] would have a hard time believing the claims of someone who was investigated for insider trading, arrested for domestic violence multiple times, arrested for assault, has a drunk driving arrest and has been in and out of jail and prison for years." Lohan also insists that emails her dad provided to TMZ showing that her management team agrees that she's fallen off the wagon are all fabricated.

Michael, meanwhile, claims that his daughter is drinking up to a "bottle and a half" of vodka per day and using cocaine again.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Timberlake provides own entertainment at wedding reception

A benefit of marrying someone like Justin Timberlake? Some high-quality serenading at the reception.

That's exactly what new bride Jessica Biel got during the couple's wedding celebration in Italy last week, when Timberlake reportedly grabbed the microphone to unveil some new material, according to Us Weekly.

"Justin performed one song at the wedding," a source says. "It's a new one that he hasn't released yet. He dedicated it to Jessica."

Guests were also treated to some other Timberlake hits from the DJ, Roots drummer ?uestlove, who "played a bunch of Justin Timberlake songs, but no *NSYNC," the source says.

METRO WORLD NEWS

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What up, Playa?

Not far from Cancun (and with a little more class), it's Playa del Carmen

CASSANDRA GARRISON
Metro World News

One of the fastest developing vacation spots in Mexico, Playa del Carmen is the perfect destination for everything from family getaways to bachelor parties.
Many American entrepreneurs have found Playa to be an ideal location for starting a business, making it a smart choice for those who aren't fluent in Spanish or don't want to sacrifice the comforts of home.
With direct flights into nearby Cancun and temperatures remaining in the 20s, Playa del Carmen offers an easy, affordable escape from the increasingly chilly air.

Who needs Cancun when you've got Play del Carmen? THINKSTOCK

Play

The sprawling lounge chairs and couches at Zenzi Beach Club (on the beach at 10 Street, 984-803-5738) make it hard to resist a pina colada, day or night. People-watch while you sit back and sip your way to relaxation.
If you're a cigar enthusiast, visit the quaint Cigar Factory on the corner of Fifth Avenue and 16 Street, where elderly cigar rollers will be hard at work at a table in the window.

Savour

Playa's eclectic dining scene offers much more than your typical Mexican fare (but rest assured taco lovers, there is plenty of that). Spice up supper time with a taste of Venezuela at the Kaxapa Factory (Constituyentes Avenue, 984-147-1645). Feast on arepas and patacones (fried green plantain sandwiches) at this family-run joint, and eat up — most menu items aren't more than $7. For something a little more romantic, head across the street from Acanto to La Sirena Mar y Barrio (16 Street between First and Fifth Avenues, 984-803-2448), a chic, modern, Mexican bistro. The name of the game here is fresh local seafood. Don't miss the ceviche.

Stay

There are countless all-inclusive resorts nestled along the beaches leading into the city, but for a more unique experience, opt for a downtown location for your home base like the Acanto Boutique Hotel (16 Norte bis, 1-888-331-2177). Sitting along a shaded cobblestone street, this hotel offers travellers spacious suites that lend themselves to longer stays. The private rooftop decks, equipped with barbecues and hot tubs, afford stunning beach views and breathtaking night skies. Acanto is close to Quinto Avenida (or Fifth Avenue, as it's known to tourists) and steps to Playa's many beach clubs, where you can lounge along the shore.

Little Crete village still cashing in on its rep as a destination for hippies

Matala. Explore the caves where Joni Mitchell stayed, or just enjoy the beach and laid-back vibe of this little fishing spot

Hippies made these caves famous. PHOTOS: MICHAEL FUHRMANN/THE CANADIAN PRESS

Handmade jewelry sold on the beach adds to the hippy vibe.

In one of Matala's ancient caves Joni Mitchell had a bad night's sleep.

But which one?

The Canadian folksinging icon joined a wave of hippies from around the globe that washed ashore at this village on Crete's south coast in the late-1960s. A key attraction: the sandstone caves at the north end of the beach that provided free accommodation.

In published photos of the time, the hippies look as if they've occupied some bizarre prehistoric hotel as they lounge outside their cliffside dwellings.

These days swimsuit-clad tourists clamber up ledges on the cliff to explore the caves all day long. Access is free.

"The fact that Joni Mitchell was here, and all the hippies, I think it makes Matala an attraction for the tourists," says Luigi Sirianni, 32, one of several vendors who set up tables of handmade jewelry every day on the beach.

More than four decades after the hippy invasion, this Greek village continues to cash in on the 1960s legacy that has become its brand.

Swirly, psychedelic-style images are painted on roads and laneways. Gift shops do a brisk trade in flower-power stickers, and T-shirts adorned with peace symbols.

On a warm Saturday night in late-September, a barefoot musician sat cross-legged on a platform outside a cafe as he performed on electric sitar, harmonica and Apple laptop before an appreciative crowd.

"Business here is very good, and anyone who says it isn't is lying," says Voula Hristodoylaki, 52, who has owned a bookshop here for 30 years.

"It's not tragic everywhere in Greece like they say on TV," she says, referring to the country's depressed economy and weakened tourism industry.

A three-day festival with round-the-clock music drew over 50,000 visitors to Matala this past June. Inaugurated in 2011 as a hippy reunion, the event will be staged annually, organizers say.

Mitchell immortalized her stay here in her 1971 hit song Carey: she said her fingernails were filthy, she had beach tar on her feet and she missed her clean white linen and "fancy French cologne."

"The wind is in from Africa, last night I couldn't sleep," the song begins.

Well, no wonder. Try sleeping on hard rock in a dusty tomb.

THE CANADIAN PRESS

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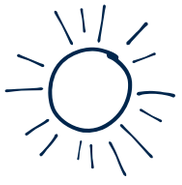

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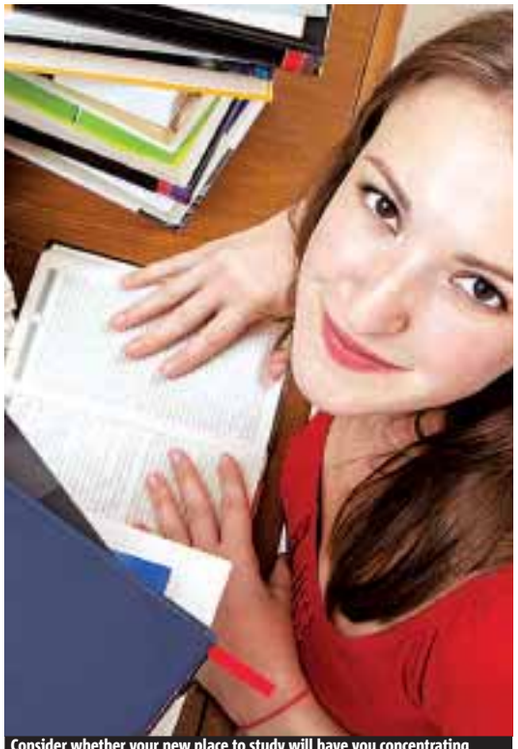

Consider whether your new place to study will have you concentrating more on cash flow than your credits. ISTOCK

Education or the elements? The program sounds great, but what about its whereabouts?

DANIELLE LORENZ
TalentEgg.ca

You've been doing your research to apply to grad schools — looking at the school, the program, the faculty, its facilities and services, its reputation and its academic requirements.

However, one thing you must also do your research on is the location of your program.

Many students tend not to consider how much living in a certain city will cost, and that should be almost as important as the school itself, since those costs are very much linked together. Since you will be spending anywhere between 12 and 24 months as a full-time student at these schools, you need to consider the city the school is located in as well.

Climate

Let's say you abhor all things snowy and cold. Even though the University of Alberta and the University of Manitoba have programs that suit your research interests, how well are you going to be able to cope with temperatures that can be as low as (and sometimes even colder than) -40C?

Similarly, if you detest rain, the University of British Columbia or McMaster University won't be good choices for you.

Cost of living

Although the climate and temperature can have a lot to do with how you will enjoy the city, you need to also examine the cost of living.

Because some locales are more isolated or have shorter growing seasons, groceries can be much more expensive in some areas over others. However, in smaller towns, there is often less variety and it can be more difficult for you to purchase specialty foods.

In other cities, the climate is great, or it is close to major financial or cultural centres, so the cost of living there is much greater than other places within Canada

Transportation

En route to education

- Something else to consider is the cost of transportation within different cities: do you have a transit pass included in your tuition, or do you need to pay for a monthly pass? Do you have a car and do you need to pay for gas, parking and maintenance?
- Similarly, if you live in a large city, car insurance has a tendency to cost more than if you were in a smaller community.

Moving costs

One of the last things you should consider is how much it will cost you to move to this new city. If you are moving cross-country, the cost of renting a vehicle to bring all of your stuff can be upwards of $10,000 or more. This can include the rental of a truck/trailer, insurance, a fee per kilometre you drive, the cost of gas, the fees issued by the rental company to drive their vehicle back, as well as buying food and renting a hotel room.

If you opt to bring only the essentials with you, furnishing an apartment can be expensive as well. If you only plan to live in that city for the length of your program, perhaps it's more worthwhile to live in residence for some of the time.

However, Zac Spicer, a PhD student in political science at Western University in London, Ont., makes a great point when it comes to accessing what the location of your prospective school may be: "Location should be the last consideration of anyone applying to grad school, but it does obviously play a role in deciding where to go. … I would caution anyone from letting this factor be the deciding one. Look at what the school offers, then consider the location."

DANIELLE LORENZ IS A PHD STUDENT IN THE EDUCATIONAL POLICY STUDIES PROGRAM AT THE UNIVERSITY OF ALBERTA, WITH A FOCUS IN THEORETICAL, CULTURAL AND INTERNATIONAL STUDIES IN EDUCATION.
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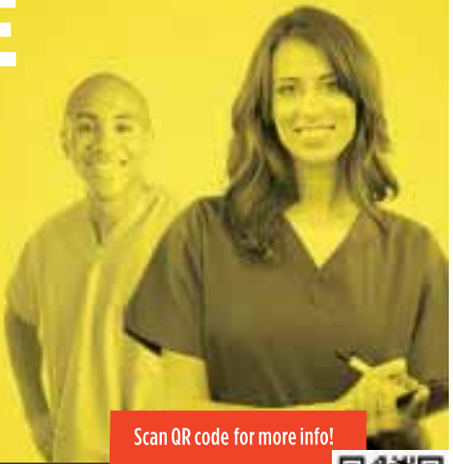

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Chorizo sausage steals spotlight in roasted chicken with root vegetables

Sometimes it's best not to overthink things — as in this basic roasted chicken, a take on a simple French classic.

Everything is just tossed into a pot, put in the oven and ignored until done. The recipe calls for a cast-iron Dutch oven. These really are indispensable for making all manner of roasts and stews.

And they are as happy on the burner as in the oven (where, when covered, their heavy lids seal in moisture).

The most unique aspect of this recipe is the use of chorizo.

At its most basic, chorizo is a sausage made from chopped or ground pork and a ton of seasonings, often including garlic.

The flavours are deeply smoky and savoury, with varying degrees of heat.

Most are assertive and peppery, but not truly spicy.

Ingredients

- 1 tsp garlic powder
- 1 tsp kosher salt
- 3- to 4-lb whole chicken
- 1 tbsp olive oil
- 1 lb cooking chorizo, casing removed and discarded, meat finely chopped
- 4 sprigs fresh thyme
- 3 sprig fresh rosemary
- 1 medium yellow onion, quartered
- 12-oz bag baby carrots
- 1 lb new potatoes
- 1 lemon, quartered
- 6 cloves garlic, peeled but left whole
- Ground black pepper, to taste

1. Heat the oven to 350 F.

2. Combine the salt and garlic powder, then rub the mixture over and under the skin of the chicken. Set aside.

3. In a 5 1/2-quart (or larger) Dutch oven over medium-high, heat the oil. Add the chicken and sear for 5 minutes per side. Transfer the chicken to a plate.

4. Add the chorizo to the pan, then sauté for 4 minutes. Add the thyme and rosemary. Heat for 30 seconds.

5. Return the chicken to the pan, breast up. Arrange the onion, carrots, potatoes, lemon and garlic around the chicken, then place the lid on the pot. Transfer to the oven and roast for 45 minutes, or until the breast reads 160 F on an instant thermometer. Transfer the chicken to a platter and tent with foil.

6. Use a slotted spoon to transfer the vegetables and chorizo to a serving bowl. Cover to keep warm. Discard the lemon quarters and any herb stems.

7. Place the pot over medium heat and bring to a boil. Cook until reduced and thickened, about 3 to 4 minutes. Adjust seasoning with salt and pepper. Serve the sauce drizzled over the chicken. THE ASSOCIATED PRESS

Roasted chicken with chorizo and root veggies

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Drink of the Week

Pinnacle Pumpkin Cider

It doesn't get more autumn than pumpkin pie and cider, and this drink combines the best of both worlds. It also adds a splash of lemon for a tart taste.

- 2 parts Pinnacle Pumpkin Pie vodka
- 1 part apple cider
- A splash of fresh lemon sour soda

Shake the vodka, apple cider and lemon sour with ice.

Strain into a caramel-swirled glass and garnish with an apple slice.

METRO WORLD NEWS

Mashed parsnips give potatoes run for their money

Winter is the season for parsnips, though when some varieties get too mature they develop a woody core, which then needs to be cut out. Otherwise, these sneaky little devils are a wonderful, lighter alternative to actual mashed potatoes.

They're made by reserving the liquid in which they are cooked, boiling it down until it becomes syrupy, then adding it back to the puréed parsnips.

So simple, but such amazing results. This greatly decreases the wateriness that typically afflicts non-starchy vegetables when they're puréed. Indeed, it thickens the purée. And it amps up the flavour, too.

1. Place parsnips in large saucepan, add enough cold water to cover by 1 inch. Bring to boil over high heat and add a pinch of salt. Reduce heat to medium-high and simmer, adding a little more water if necessary to keep the parsnips barely covered, until tender, 25 to 30 minutes.

2. Drain and reserve cooking liquid. Set parsnips aside and return the liquid to the pan. Bring to a boil over high heat. Boil until reduced to 3/4 cup. Return the parsnips to the pan and add the butter. Working in batches, transfer the contents of the saucepan to a food processor and puree until smooth.

3. Return to the saucepan, season with salt and pepper, then heat over medium until hot. THE ASSOCIATED PRESS/SARA MOULTON OF PUBLIC TELEVISION'S SARA'S WEEKNIGHT MEALS AND AUTHOR OF THREE COOKBOOKS

Ingredients

- 2 lbs medium parsnips, peeled and sliced 1/2-inch thick
- Kosher salt, to taste
- 1 tbsp unsalted butter
- Ground black pepper, to taste

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

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Unique side dish. Sweet-and-sour-glazed carrots and green beans

1. In a large, deep skillet over medium heat, cook the bacon until crisp. Transfer the bacon to a paper towel-lined plate to drain, leaving the drippings in the pan. Once the bacon has cooled, crumble and set aside.

2. Return the skillet to the heat and add the carrots. Cook for 8 minutes, or until just starting to become tender.

3. Add the green beans, then cook for another 8 to 10 minutes, or until the vegetables are tender. Add the brown sugar, molasses and vinegar. Stir until a thick glaze forms. Cook until bubbling all over and slightly thick and sticky. Season with salt and black pepper.

4. Serve topped with the crumbled bacon. THE ASSOCIATED PRESS

Ingredients

6 portions

- 4 oz bacon
- 1 lb carrots, peeled and cut into 1/4-inch thick rounds
- 1 lb green beans, trimmed and cut into 2-inch lengths
- 2 tbsp brown sugar
- 1 tbsp molasses
- 1 to 2 tbsp balsamic vinegar
- Kosher salt and ground black pepper

CFL

Bombers know defence key to keeping their playoff hopes alive

Now that the Winnipeg Blue Bombers' offence has found new life, the defence is looking for a way to turn around what's left of their season.

"As a defence, we've got to go out there and execute and be a lot better fundamentally," cornerback Jovon Johnson said Tuesday. "We've been giving up some plays in the secondary that we wouldn't usually give up.... We're a lot better than what we've been showing."

The Bombers will try to keep their slim playoff hopes alive Saturday when they play the Tiger-Cats in Hamilton.

Tim Burke, who was defensive co-ordinator when he was given the interim head coach title after Paul LaPolice got the hook, has had nothing but praise for the Winnipeg offence lately.

Quarterback Buck Pierce returned and running backs Chad Simpson and Will Ford shone in last Saturday's 44-32 win in Toronto. It was the highest point total of the season for the 5-11 Blue Bombers.

However, the defence — one of the best in the league last year — has become a weak link and even Burke said he's puzzled. The defence gave up four touchdowns to the Argos' passing attack.

That's a major concern as the Bombers must win both their final games and hope Edmonton loses both of their matchups in order to make the playoffs.

THE CANADIAN PRESS

Tigers ace Justin Verlander delivers during Game 3 of the ALCS against the New York Yankees in Detroit on Oct. 16. GREGORY SHAMUS/GETTY IMAGES FILE

Verlander returns to Series on October roll

Tigers' best. Detroit ace looks to put behind early career disappointments on World Series stage

Justin Verlander's introduction to post-season baseball six years ago left him dazzled and exhausted.

Worn down toward the end of his rookie season, he made his playoff debut at Yankee Stadium. A couple weeks later, he was on the mound for Game 1 of the World Series.

"It was such a whirlwind, really, that entire season. I remember standing on the mound in old Yankee Stadium ... and growing up as a kid you see all of the post-season games and all of the magic that had happened in that stadium, and it was kind of a surreal moment for me," the Detroit ace said.

"I feel like I have pitched in big games now and understand what my body's going to be going through and what my mind is going to be going through and I am able to rein it in a little more and use it more to my advantage."

Verlander is now 29 and he returns to the Fall Classic a more mature pitcher. In three playoff starts against Oakland and the New York Yankees, he's allowed all of two runs going into Wednesday night's opening game at San Francisco.

"He's learned to handle these situations. He's learned how to stay pretty calm throughout the game in these big-game situations," manager Jim Leyland said.

The six-foot-five right-hander makes pitching look effortless, settling into a groove early without necessarily reaching back for his triple-digit fastball until the later innings.

Verlander went 24-5 in 2011, sweeping the AL MVP and Cy Young awards. Although he won only 17 games this year, his ERA was still a sparkling 2.64.

Of course, in 2006, Verlander started Game 1 of the World Series, and the Tigers lost to St. Louis 7-2. Those travails are all but forgotten now.

On Wednesday night, Verlander will go back to work with his usual business-like attitude and tireless approach. He still won't take anything for granted. Verlander's well aware that no matter how talented you are, anything can happen in October.

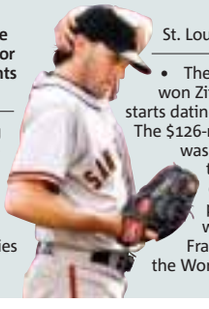
"Every game in the post-season is a must-win," Verlander said. "In the post-season we have seen some crazy things happen in this game. Just try to win every single game one inning at a time."

THE ASSOCIATED PRESS

Second chance in San Francisco

Barry Zito will start the World Series opener for the San Francisco Giants Wednesday night.

- Zito's stellar outing in a 5-0 win on Friday in Game 5 of the NL championship series helped San Francisco rally from a 3-1 series deficit against the St. Louis Cardinals.
- The Giants have won Zito's last 13 starts dating to Aug. 7. The $126-million pitcher was left off all three rounds of the 2010 post-season when San Francisco won the World Series.



NHLPA irked at teams' contact with players

Players, from left, Dan Cleary, Sidney Crosby, Jarome Iginla, Eric Staal and Shane Doan leave collective bargaining negotiations last Thursday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS FILE

Distrust continues to creep into the NHL's stalled labour negotiations.

The NHL Players' Association was questioning the league's motives after news surfaced Tuesday that team owners and general managers were given 48 hours last week to speak with players about the NHL's latest contract offer.

"Most owners are not allowed to attend bargaining meetings," said Steve Fehr, the NHLPA's special counsel. "No owners are allowed to speak to the media about the bargaining. It is interesting that they are secretly unleashed to talk to the players about the meetings the players can attend, but the owners cannot."

The window was granted last Wednesday. Team employees were told they could answer questions about the offer from players until 11:59 p.m. Friday.

"Players were contacting club personnel to inquire about our proposal," said deputy commissioner Bill Daly. "We gave them a limited window in which to respond to those inquiries."

In a lengthy internal memo obtained by The Canadian Press, the NHL stated clearly that the discussions had to be limited to the contents of the proposal. It also provided examples of questions that shouldn't be asked of players and noted that any violation would be subject to NHL bylaw 17.17, which gives commissioner Gary Bettman the power to levy fines up to $250,000.

THE CANADIAN PRESS

Before the window

Since the lockout began, the NHL had forbidden contact between team officials and players.

- It was unclear how many players were contacted.

4 SPORTS

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Escape in the 2013 Malibu

ALL PHOTOS WHEELBASE

Green option

For buyers with a green streak, the Malibu Eco features a 182-horse 2.4-litre four-cylinder and a special 15-horsepower electric motor/generator that adds "eAssist" via a belt drive during acceleration and passing. Called a "mild hybrid" because the Malibu Eco cannot run on electric power alone.

The trunk is very spacious

2013 Chevrolet Malibu

- **Type.** Four-door, front-wheel mid-size sedan.
- **Engines (hp);.** 2.5l DOHC I4 (197), 2.0l DOHC I4 (259), 2.4l DOHC I4 with 15kw motor (182, net)
- **Transmission.** Six speed auto.
- **Base price (incl.destination).** $26,500

Interior styling

Cabin styling, which was the previous Malibu's strong suit, hasn't veered off course for 2013. The dual cockpit-style seating arrangement, with its wrap-around dashboard and centre stack, returns in roughly the same format, but the controls and switches are laid out in a more straightforward fashion.

Design

On the outside, the Malibu's athletic lines reveal a more prominent grille and Camaro-influenced taillights at the opposite end. The range-topping LTZ is upgraded with brighter high-intensity discharge (HID) headlights and faster-acting light-emitting diode (LED) taillights.

Review. It's really three separate cars under the same banner

MALCOLM GUNN
Wheelbase Media

To be a mid-sized sedan in this day and age means that you actually have to be a lot more than just a mid-sized sedan.

You have to have a super-attractive entry price. You also have to show that you like clean air, trees and fluffy rabbits romping in fields. And, you have to be sporty enough for moms and dads who gave up their two-door cars when the stork came calling. But, since you can't really put all of that together in one car, the Malibu — and others in this class — have separate models to take care of a broad buyer base.

Once considered somewhat plain and uninspiring in a rental-fleet sort of way, the Malibu regained its groove for the 2008 model year with sharp styling, thoughtfully designed interior appointments and competent road manners. The reviews bordered on gushing, sales spiked and the mid-size Chevy was walking proud again. The new 2013 Malibu has been repurposed for new challenges and increased sedan-class competitiveness. From top to bottom it's a completely different car, starting with a more rigid platform based on the Opel Insignia (also part of GM).

Exterior dimensions are closely aligned with the outgoing Malibu, except for about 11.5 centimetres of shrinkage between the front and rear wheels. Despite this deficit, most key passenger- and cargo-area measurements, except legroom, have actually increased. The speedometer and tachometer gauge pods are located in what are clearly Chevrolet Camaro-inspired housings. As with other recently launched GM sedans, the Malibu comes with 10 standard airbags, including front-knee inflatables.

In short, the 2013 Malibu offers a variety of models to a diverse group of buyers. Welcome to the modern mid-size sedan.

The gauge layout will likely remind you of the Chevrolet Camaro.

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Time waits for no bench seat

Autopilot. Seating made easier?

AUTO PILOT
Mike Goetz
drive@metronews.ca

The 2013 Chevrolet Impala is the last in a long line of sedans to have front bench seats. The Cadillac ATS is among the first in line to offer a 'safety seat'. HANDOUT

As far as bittersweet goodbyes go, it's not one of the big ones. Not like when the McRib sandwich was dropped off the permanent menu at McDonald's.

But brace we must, for the coming demise of the front 'bench' seat.

The 2013 Chevrolet Impala is the last sedan standing in North America that can be equipped with a front bench. We got word last month that the all-new 2014 Chevrolet Impala being readied for sale sometime in 2013 will not be offered with a bench seat option. So when the 2014 Impala replaces the 2013 version, it's all over, for Chevrolet and for the North American industry.

Chevrolet has been a purveyor of bench-seat equipped cars since 1911, with the launch of its very first car — the Series C Classic Six.

You can still get front benches in pickups and some SUVs, but their time in passenger cars has clearly passed. GM noted that only about one in 10 Impalas are currently sold with the bench option.

Why did they fall out of favour? Well, we could start with general discomfort, stemming from their too close association with the church pew, their total lack of lateral support during cornering and the lovely, non-verbal way they lately came to say "fleet car" and/or "I'm not trying anymore, bucket seats are just too cool for me."

But they definitely had their day in the sun. For decades, they were the go-to front seat — for value, for getting the most people in a car and for keeping things cozy between you and your sweetie. It will always be an endearing image — a gal sitting tight beside her guy behind the wheel, while the far right seat goes empty. It's probably not a coincidence that the drive-in movie theatre and the front bench seat have simultaneously declined in popularity — they needed each other.

Time and seat progress marches on. Recently, I drove the new 2013 Cadillac ATS. A great car and one of the first to debut Cadillac's new "safety seat," which GM bills as "the industry's first to use directional tactile sensation — vibration of the driver's seat bottom — to warn of crash threats while driving and parking." (The operative word is "directional." Back in 2005, Citreon introduced its "vibrating seat" alarm.)

The seat features two vibrating mechanisms. If the threat is on the left (drifting left, object left), the left motor generates a pulsing motion destined, presumably, for your left butt cheek. If the threat is on the right, your right butt cheek gets the message. Threats from the front or rear trigger pulses on both sides of the seat.

I purposely drifted the ATS over the centre line in the road to experience this butt warning. It felt good … No, I mean it did its job — it's very effective at getting your attention. So we've moved from a seat that allowed one body to slide up nice and tight to another body, to one that sends mechanical vibrations to your butt. I guess it's progress.

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Horoscopes

Aries
March 21 - April 20
You are rarely subtle in the way you say things and today you will speak your mind without fear or favour. Leave others in no doubt at all that you are not amused by what has been going on of late.

Taurus
April 21 - May 21
Not everyone can live up to your exacting standards, so make allowances for those whose efforts fall short of the mark. The quality you most need to develop is patience. It won't be easy but it can be done.

Gemini
May 22 - June 21
You need to slow down and take life at a more leisurely pace. The planets warn that mistakes will be made unless you think things through carefully over the next few days. Remember, your health always comes first.

Cancer
June 22 - July 23
You have much to look forward to over the next few weeks, so don't waste time or energy on things that no longer matter. Whatever yesterday's problems were, it's time to put them out of your mind forever.

Leo
July 24 - Aug. 23
Keep telling yourself that you are supposed to make mistakes and that it's not necessarily bad when things go wrong. The important thing now is that you learn from setbacks and make sure they don't happen again.

Virgo
Aug. 24 - Sept. 23
What someone is saying about you is designed to make you feel bad about yourself, but you don't have to play their silly game. You know what you are capable of. You are perfect just the way you are.

Libra
Sept. 24 - Oct. 23
Find ways to streamline your daily routine so you have more time for personal matters such as affairs of the heart. Most likely you are doing things for other people that they should be doing for themselves. Enough is enough.

Scorpio
Oct. 24 - Nov. 22
Play by the rules and don't give your enemies an opportunity to catch you out. If you demand the highest standards of other people, they have the right to demand the highest standards of you.

Sagittarius
Nov. 23 - Dec. 21
Someone who has a lot of charm will make a big impression on you today but are they as nice as they look? If your sixth sense tells you to be on your guard, you would be wise to listen to it.

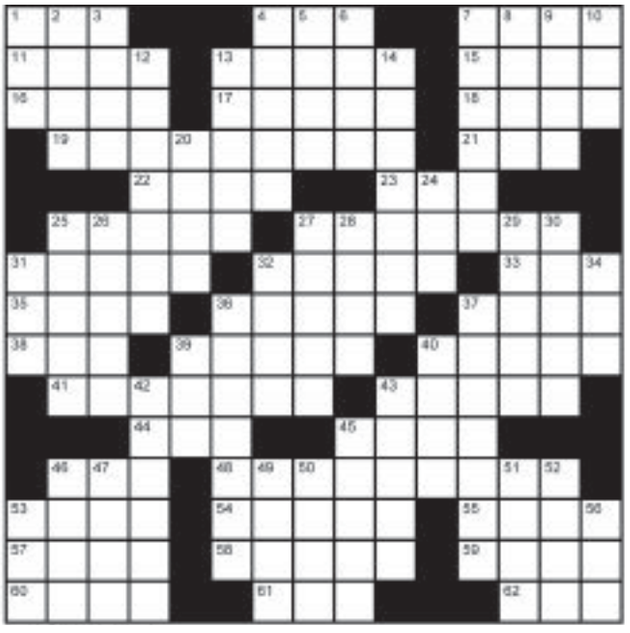
Capricorn
Dec. 22 - Jan. 20
Forget about tomorrow and focus on what you are supposed to be doing right now. Take each day as it comes and tackle a single task at a time. One small task completed is better than ten big tasks left unfinished.

Aquarius
Jan. 21 - Feb. 19
Stop worrying that the sky is about to fall and start doing the things that will make your existence more secure. For starters, you should be pushing ahead with a creative project. Time's running out.

Pisces
Feb. 20 - March 20
A loved one is in need of cheering up and you are the one who can help. Make it your business to put the smile back on their face and, in doing so, your own worries will fade away too. **SALLY BROMPTON**

Two Cities, One Rocker, and Stuff for Walls

BY MICHAEL WIESENBERG



Across
1. Parliamentarians
4. African antelope also known as a wildebeest
7. Not this
11. Comic Sandler
13. French coin replaced by the euro
15. Nevada's "The Biggest Little City in the World"
16. Crafty
17. Starbucks order
18. Sandwich cookie
19. Saskatchewan's largest city
21. Body part right above the neck
22. Benedict XVI or John Paul II
23. ___ la la
25. Egyptians and Iraqis
27. Home of the Argonauts
31. Wonderland girl
32. With ___ breath: anxiously
33. Basis for a Quaker cereal
35. Small inlet
36. Ancient Celtic priest
37. "Are not!" playground retort (2 wds.)
38. Before: poetic
39. Years 13 through 19
40. Peaks of perfection
41. See 24-Down
43. Bows one's head in church
44. Deity
45. Street
46. Windsor product
48. Wallpaper alternative
53. One of the Great Lakes
54. By oneself
55. Long, long time
57. Flower sites
58. Appellations
59. Fiddler while Rome burned
60. Hive dwellers
61. Repair tears
62. Blade moisture, in the morning

Down
1. PC alternative
2. BlackBerrys and Palm Pilots
3. A long tale such as *Beowulf*
4. Prepare parmesan
5. Mutual defense org. to which Canada and the US belong
6. "Do ___ others as you would ..."
7. Like the famous wooden horse
8. Jealous wife of Zeus
9. All over again
10. Also
12. Facebook competitor
13. Airplane wing parts
14. Moved to the middle
20. Basketballer Bryant
24. With 41-Across, "Maggie May" or "Do Ya Think I'm Sexy?" singer
25. Then: Fr.
26. Blue jeans reinforcement
27. Tease
28. Lex's *Superman* sidekick
29. The Who's pinball wizard
30. Desert rest stops
31. Top card
32. Uncle Remus character
___ Rabbit or Bear
34. How-___: instruction manuals
36. Poker-faced
37. Early French Canadian
39. Deuce
40. Shrinking inland sea that forms part of the border between Kazakhstan and Uzbekistan
42. Entrance's opposite
43. North and South ___
45. Sign up for more magazine issues
46. They were among the original inhabitants of Ontario
47. Assistant
49. "Sad to say..."
50. Iditarod's Alaska terminus
51. Must-have item
52. Bull ring wound
53. Be on the wane
56. At present

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	2		8		1		3	
			6		3			
3		1				4		7
		9	2		5	7		
2								8
		8	7		6	1		
4		2				3		9
			1		8			
	6		4		9		5	

Yesterday's Sudoku

Weather

TODAY	THURSDAY	FRIDAY
MAX: 5° MIN: 4°	MAX: 7° MIN: -1°	MAX: 5° MIN: -2°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

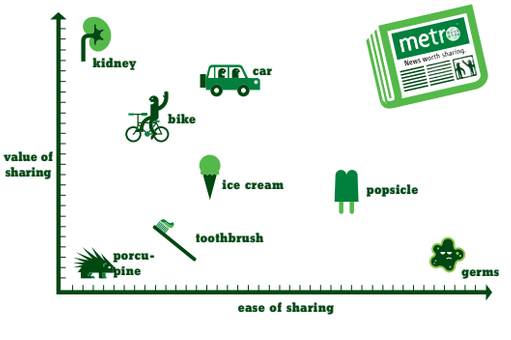
NOTICE OF SALE

PODS Winnipeg hereby publishes notice, as required by Warehousemen's Lien Act, C.C.S.M. c. W20, of a public sale of the property listed below to satisfy a landlord's lien. All sales are for cash to the highest bidder and are considered final. PODS Winnipeg reserves the right to reject any bids.

The sale will be held at 1725 Inkster Blvd. Unit C, Winnipeg, MB R2X 1R3 at **2:00 p.m. on Thursday November 8, 2012.**

Customer Name POD ID: Altman, Susan 228B168; Bath, Sharon 123B168; Coyne, Darryl 19V168; Lavallee, Farrell 17A168, 68A168; Liebrecht, Dan 55B168; McGouran, Kelly 222B168; Ramos, Gill 248B168.

Contents include but not limited to:
Household items, books, exercise equipment, stereo equipment and more.



SATURDAY OCTOBER 27

MONDETTA

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ONE DAY ONLY!

9:00am - 5:00pm

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while others said it couldn't be done, we took the challenge head on.

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*MSRP of $24,495 on 2013 XV Crosstrek 2.0i Touring Package (DX1 TP). Taxes, licence, registration and insurance are extra. $0 security deposit. Dealers sell for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. See your local Subaru dealer or visit subaru.ca for complete program details. Japanese image shown. Canadian model may vary.

FRONTIER SUBARU

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2009 Hyundai Santa Fe Ltd. AWD
Local one owner trade, Balance of warranty.
Stk # 12283
October Sale Price
$19,980

2009 Subaru Tribeca LTD AWD
This is the top end of the Subaru line up. Fully loaded with DVD player and more. Balance of factory warranty with only 54,000kms.
stk#91920
October Sale Price
$26,420

2011 Ford Escape Ltd AWD
Fully loaded with heated leather seats, low kms
Stk # 91810
October Sale Price
$21,880